FOR MEMBER CIRCULATION

The best thing from England is not their Language but thirty-eight remedies, prepared from wild flowers found in the English Forests— Discovered and Introduced by Dr. Edward Bach, M.B.B.S., M.R.C.S. of London around the year 1936.

Call it Sociology, Psychology, Medicine, Business Admn., Personality Development, H.R.D., Counselling etc., Dr. Bach Remedies alone give the correct solutions to all problems faced by the individual or society at large.

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Cambridge/Oxford university colleges are known worldwide but colleges in India are not known even to the neighboring states. If we learn and make use of the thirty-eight **Dr. Bach Remedies** of England, described in the following pages, on different occasions, we too can become at par with the British or even more. It is now for Professors in Arts & Science Colleges to decide.

Dr. Edward Bach
...Still Healing the World!

SPEECH DELIVERED TO FACULTY AND STUDENTS OF THE DEPT. OF PLANT BIO-TECHNOLOGY, LOYOLA COLLEGE, CHENNAI, INDIA ON AUGUST 1, 2014

By **Dr. V. KRISHNAAMURTHY**

[Results of four decades of relentless practice, teaching and observation in the clinic, not as a profession but out of sheer academic interest]

The best and the most valuable treasure in Botany; otherwise called Vegetable Kingdom in medicine.

It is in the form of thirty-seven non-toxic wild flowers. Where are they?

All these thirty-seven flowers, found together in their natural habitat in one place only, called *Mount Vernon,* a small village in the thick English forest. Flowers obtained by Cultivation are not effective. They must be collected from their natural habitat. Who discovered them?

Dr. EDWARD BACH, M.B.B.S., M.R.C.S. of London

The size of the United Kingdom is just one-sixth of India. However, the B.B.C. in London broadcasts in 93 languages including Tamil, Hindi and Telugu. However, alas! In India, we are not broadcasting news even in well-known international languages like German, French or Russian languages.

The British are No. 1 in all occupations. Cricket, 7 O'clock blade, Parker Pen, vehicle transporting the largest number of travelers—the train (discovered by James Watt), Police Hqrs Scotland Yard. When the late Prime Minister of India, Indira Gandhi was shot down dead, her son Rajiv Gandhi and a Sardarjee President at that time, both touring in West Bengal for an election campaign, heard the news got in B.B.C. radio and rushed to New Delhi, whereas our limping Ministry of Information and Broadcasting personnel and ministers could not transmit the news across our land. One single B.B.C. correspondent in New Delhi passed on the news to B.B.C. in London who, in return, broadcast the news much before our Ministry people. This news item appeared in the Times of India. It reads thus: "On hearing the news in the B.B.C. radio . . . Rajiv Gandhi and President rushed to Delhi."

If you are not tired of reading what I write, let us look at another angle. In some of the richest gulf countries for getting a job as a medical doctor in their hospitals, persons holding M.S. or M.D. (the highest qualification in medicine that one can get in India) are not given a job. The minimum

qualification must be M.R.C.S. or F.R.C.P. (now it is M.R.C.P. or F.R.C.S.) the highest international qualification in medicine and this can be had by studying only in the United Kingdom.

British people are at the top in every field. Cannot we too become number one at the international level like the British?

Yes, we can. You too can. Only and if only you take a little more time to read further to know the secret of the success of the British.

More than the Seven Wonders of the World there is another little known but the top-most wonder that is making the British people No. 1 in the world, are thirty-seven wildflowers, all found together in only one place (in their natural habitat) a small village called *Mount Vernon* in the thick English forests, (driving distance from this village to London is 500 kilometers.)

What is the specialty of Mount Vernon? There are about 37 wildflowers, one Dr. Edward Bach, M.B.B.S., M.R.C.S. (once practising medicine in the lucrative Hollywood of doctors, Harley Street in London) came and lived here, and he found the unique therapeutic and other effects of thirty-seven wildflowers. The aura emanating from the pollen of these flowers from time immemorial and being carried in and by air are influencing the British people making them No. 1 in the world. Homoeopathy Drug stores all over India are now importing and selling them in the form of ready-to-take pills containing trace quantity of the

flowers that are non-habit-forming and non-toxic having no side effects whatsoever. If all of us in India learn the unique effects of these remedies and start using them on ourselves, we too can become No. 1 in an international level like the British. Only if you are ready and do not have a defensive attitude to new things you are welcome. We can come to your college and teach *free of cost* the entire subject in just two days (say, Saturday and Sunday, 10 a.m. to 1 p.m.). If not you, at least your children may be made No. 1 at the international level. This new, latest and novel medical system called DR. BAH FLOWER REMEDIES OF ENGLAND, consisting of just 38 remedies only, not only for the treatment of diseases, (more particularly most of those given up as incurable by allopathic doctors) and also for solving problems in day-to-day life and overcoming difficulties.—call it insufficient income, addiction, aged daughter not getting married etc. Behold! In short, Dr. Bach Remedies and Dr. Bach remedies alone give the correct answer and solution to all problems faced by the individual or society at large. In the next pages we tell you why are Bach Flower Remedies a must for all of us.

DR. BACH FLOWER REMEDIES OF ENGLAND

[Discovered and Introduced by Dr. Edward Bach, M.B.B.S., M.R.C.S., of London around the year 1936]

Only, and if *only*, you try and can understand and learn how these remedies are prescribed, not only diseases are cured in just one-day treatment but even problems in life can be solved and difficulties overcome in no time. Let us now learn the unique 'method' of selecting the remedies for various conditions and situations.

Instead of elaborating any further on introductory note let us get into the subject and we would equip you with the knowledge of these remedies to manage any situation or manouvre strategies or cure diseases in places where a doctor is not readily available and for diseases for which allopathy has no cure, including those which are called terminal illness.

There are no *theories* or *principles* here. Let us now take an actual case:

If only you are ready to understand and learn a new subject you may read further. A patient was in bed in a hospital after major abdominal surgery. For two days after surgery, due to pain (because the surgical wound takes seven to ten days to heal) he was almost weeping and shedding tears; and thus having sleepless nights; the attending doctor gave a painkiller which would stop pain for a short period only. The doctor cautioned that the painkiller should not be taken frequently and so he had to put up

with the pain. On the daily routine, the doctor said that it would take another seven days for the wound to heal completely and then only discharge then. On one hand he had pain; on the other hand had sleeplessness due to pain.

The above condition is seen invariably after any surgery.

We gave him two Bach Remedies *viz.*,*Cherry Plum* and *White Chestnut*, to be taken one pill from each (chewable) every fifteen minutes, till the pain stops completely. He took these two remedies together, about seven times and the pain stopped. He also slept well that night. Next morning, the doctor, on his rounds saw the wound having healed almost completely, and so said that he would discharge him the next day!

Now, here comes the first and last lesson for the new comer. It is not correct to say that these remedies are good painkillers. The method of prescribing Dr. Bach Remedies is unique and different from all other existing medical systems and if you are prepared to *understand* and learn the following, you can become a successful Bach Practitioner too.

Any bodily disease or problem in life—if it makes the affected person weep, cry or shed tears, can be cured/solved by the Bach Remedy Cherry Plum. The reader has to understand this before going any further. We do not treat pathology or disease, but just consider the outward manifestation only—how each person reacts during his illness or sufferings/problems in life.

Now, let us turn to the next remedy White Chestnut. Again, this remedy is not a pain-killer. This remedy is for any complaint which *disturbs* your *'daily routine'*. The biggest or longest daily routine necessary and essential for all of us is *sleep*. Any complaint (underlying pathology) which disturbs your daily routine (in the above case it is sleep) can be cured by White Chestnut.

In the above case non-healing of wound caused pain, which in turn, caused sleeplessness.

Be it cancer, headache or abdominal pain (whatever may the scan report say) if that disease (or even, problems in life like poverty, unemployment etc.) makes the patient weep, Cherry Plum comes in. This remedy would cure any disease (whatever terms the allopath or ayurved may use) if such a disease makes the patient weep, or shed tears.

White Chestnut would cure any complaint (or underlying pathology) if that bodily disease or problem in life does not allow the affected person to get natural sleep. Again, please do not take down notes that the Bach Remedy White Chestnut is a sleeping pill. No! Not at all! Any disease, if it disturbs your daily routine (the main and indispensable daily routine for all of us is a six-to-eight-hour sleep) would be cured by White Chestnut.

The above patient too asked me whether the two remedies were good sleeping pills. That is the completely wrong notion. Lay people do tend to conclude like this. I explained to him that the pain stopped and so she slept. Again, it was night time and so she slept. (Allopathic sleeping pills would give you hangover next morning but this patient had no such hangover.) Again, I further explained that only because the wound healed quickly, the pain stopped. If I had simply given sleeping pill, it would not have helped in the quick healing of the wound.

Again, let us further explain to the reader.

White Chestnut and Cherry Plum are not remedies for quick healing of wounds (to shorten the one week stay of the patient in hospital).

Any underlying pathology can be cured by the remedy Cherry Plum if only, and if only, it causes pain that makes the patient

weep, cry or shed tears (or even resort to suicide to put an end to his suffering). So also, any suffering which does not allow you to sleep can be cured by the remedy White Chestnut.

The following actual incident and the table following it would illustrate the reader how Bach Remedies are prescribed.

To illustrate this, let us take an actual case of five persons, all of whom developed pain in abdomen after taking food in a restaurant. In other medical systems, a doctor would prescribe uniformly one remedy to all the five persons for 'food contamination.'

Let us now listen to each of them.

Shyam: "In hotels they don't meticulously clean the plates; they simply dip the plates in a bucketful of water and that is all. Probably someone with contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us and thus we have this abdominal pain."

Arun: "They use half-perished vegetables and substandard oil for cooking to make more money and we are suffering because of them."

Patel: "Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain."

Anand: "Probably I might have committed some sin and I am now paying for my past sins with this abdominal pain."

Raghuram, on his part, says: "I am afraid I may develop diarrhoea and vomiting and consequent dehydration. Better, I see a doctor immediately."

Name of person	Reaction to abdominal pain	Keywords (Symptom)	Relevant Bach Remedy
Shyam	"In hotels they don't meticulously clean the plates. They simply dip the plates in a bucketful of water and that is all. Probably someone with infectious or contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us. That is why we have this abdominal pain."	Over-conscious of filth, contamination, contagion etc.	**Crab Apple**
Arun	"They use half-perished vegetables and substandard oil for cooking to make more money and we are suffering because of them."	Blaming others for his difficulties	**Willow**
Patel	"Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain."	Regret	**Honey-suckle**
Anand	"Probably I might have committed some sin and I am now paying for that with this abdominal pain."	Guilt complex or self-contempt	**Pine**
Raghu-ram	"I am afraid we may develop diarrhoea and vomiting and consequent dehydration. Better, we see a doctor immediately."	Fear of known cause	**Mimulus**

In the above five instances, though the complaint is uniform in all the five individuals, *viz.*, abdominal pain, the reaction or words used by them are totally different from one individual to another.

Practitioners of other medical systems would simply ignore the above statements and they would treat all of them for food contamination and it means hospitalization, taking medicines for a few days etc.

But, in Bach Remedies, the cure is almost instantaneous. Each Bach flower corresponds with one of the qualities and its purpose is to strengthen that quality so that the personality may rise above the fault that is the particular stumbling block.

On reading the above, most readers at once may rush to the hasty but wrong conclusion that this system is based on psychoanalysis and they must know psychology to 'probe deep into the mental faculty of the patients.' No, not at all!

Of course, a patient walks in with a physical complaint, but if only we allow them to continue, they invariably end up with a mind symptom. **It is, therefore, the real cause behind the disease which is of utmost importance, the mental state of the patient himself, not the condition of the body** (*Edward Bach*).

It is sufficient if you simply listen to the patient by allowing him to talk; nothing more and nothing less. The patient details his suffering. Those around him remark what they have observed about him. *The practitioner listens without interrupting him* to identify his remedy. Every interruption breaks the train of thought of the narrator, and all he would have said at first does not again occur to him in precisely the same manner after that.

Thus and therefore the reader may carefully note that we are not introducing or advancing any theory or principle, but they are as actually seen by us in all persons *from time immemorial.*

From the above we can easily infer that mighty Nature, in her vegetable kingdom, has provided a complete "treat-yourself" method where the patient indicates the remedy by some words or body language. This Dr. Bach Remedies system is based on *Eternal laws*—never changing and having no exceptions!

DR. BACH FLOWER REMEDIES OF ENGLAND:

- Money spent on festivals like Deepavali and money spent while in hospitals come back to you.
- Get things done at Government office without paying bribe.
- Lost/stolen articles restored in 24-48 hours.
- Getting a house for rent without paying brokerage.
- Getting a decent job proportionate to your qualification and ability.
- For getting your aged daughter married to a suitable boy and to get money for the wedding celebration.
- Increase your income and lifestyle.
- 3-day personal course conducted on the first Saturday and Sunday (3 p.m. to 6 p.m.) of every month.
- Fees: Rs.6,500=00. [Those registering their names two months in advance by paying the full fees will get, *free of cost,* one set of books worth Rs.1650=00 and one complete set of 39 Bach Remedies costing Rs.4800=00.]

What would you get by learning and using these remedies?

A Tamil saying tells that what all we have so far learnt/ studied is only the size of a handful of sand; what we are yet to learn is the size of our whole earth. Unfortunately, even out of the handful of what we have learnt, more than ninety-nine per cent is incorrect. Suppose, even a two per cent of what we had learnt/studied had been correct, all of us would by now be living the life of a *maharaja* (emperor).

These Remedies enable you to know the meaning, value and significance of various things *exactly and accurately. Precision* and *versatility* is the culture of Dr. Bach Remedies. Thus, by taking suitable remedies, all your difficulties dilute away and thus you are able to increase your income and lifestyle.

To illustrate our claim that 99% of what all we have studied/learnt is wrong, let us go to the following few questions and see how exactly Bach Remedies give the correct answers to them:

1. What is the use of encyclopaedia?
2. Which medical doctor is said to be having *Midas touch*?
3. What is the right and only solution to cure addictions?

Use of Encyclopaedias:

Almost all readers, even a college professor would say that an encyclopaedia is a reference book to know all about a particular thing. That is a low-key approach.

The correct answer is something different. To prove this, let us quote a medical case here:

A sixty-year old Westerner with pain in his left knee for two years came to me for treatment after trying various specialists in vain. After listening to his complaints and looking

at him, I directed him to a dentist to remove any decayed tooth because that particular knee pain of his was due to that.

He insisted that I see the x-ray and laboratory test reports taken on the advice of chief ortho doctors in the city. I refused and so he went away. He continued with drugs, physiotherapy etc. Six months after this, he got retirement and went to his motherland Canada. There he consulted his family physician for his knee pain. That doctor too, after looking at him, directed him to a dentist.

He went to the dentist, learned that a tooth was decayed and got it; the very next day his knee pain vanished permanently.

Now the question is why it was possible for the author of this book as well as the Canadian doctor to diagnose that the decayed tooth was the cause for his knee pain, while the leading allopaths in Chennai were giving drugs, recommending physiotherapy etc. The answer is very simple. That Canadian doctor and the author of the book have studied *British Encyclopaedia of Medical Practice* (12 volumes) as a textbook. So, there is no chance of our making wrong diagnosis; also no need to send a difficult case to a so-called senior physician etc.

Doctors who are good at differential diagnosis are wrongly called by the laity as doctors with *midas touch.*

How did the author of this book come to know the exact use of encyclopaedias?

A Bach Remedy called *Cerato* enabled the author know and learn the correct use of encyclopaedias.

From the Bach Remedy called Cerato we learn that

Textbook is for passing an examination to get a degree or diploma.	Encyclopaedia is the textbook for professionals to become a wizard in their respective field (if at all any one has written an encyclopaedia on his profession.)

Real causes of diseases/sufferings of men is known by the use of Bach Flower Remedies alone; nowhere else do we get correct answers for our problems and sufferings.

Let us examine one of the social evils *viz.*, 'addiction' and learn as to how Bach Remedies reveal the only right solution:

Walnut is the name of one of the thirty-eight Bach Remedies and it is for all types of addictions and bad habits *i. e.*, where the patient is doing *one and the same bad thing repeatedly over and over again with his fingers/hands*— chain smoking, drinking alcohol daily, tobacco chewing, taking several cups of coffee/tea, or the dirty habit of thumb-chewing or nail biting.

Wherever we prescribed the remedy Walnut for addiction, sooner or later they not only gave up the habit but simultaneously also soon started learning instrumental music (or painting) and thus started performing in stages earning one or two thousand rupees for each two-hour performance as compared to their earlier income of mere 5-7 thousand rupees that too working in an office for 8 hours x 30 days.

The point now before us is, "What has 'playing instrumental music or painting' to do with addiction?"

In both cases, the person does *one and the same thing repeatedly over and over again with rhythmical movement of his fingers/hand.*

Smoking cigarettes or nail-biting or taking *heroin* daily is the 'NEGATIVE' aspect of Dr. Bach Remedy Walnut.	Playing instrumental music or painting is the 'POSITIVE' aspect of the same remedy.

From the above we can easily infer that mighty Nature tells all addicts: "I sent you on earth to learn and play instrumental music (or painting) and earn one or two thousands daily. But you did the mistake of studying science or accountancy to earn a mere few thousand rupees once a month only. *To remind you of your job on earth* I made you an addict. Now realise your mistake, take daily the Bach remedy *Walnut* which not only enables you on one hand give up the bad habit but also, on the other hand learn instrumental music and earn a few thousand rupees for each 2-3 hour performance."

Addiction is not a punishment given by Nature but a chiding only.

Thus, Dr. Bach Remedies *DO NOT 'TREAT' OR 'CURE'* human beings but just change them from 'negative' to 'positive' types. On one hand Walnut enables addicts completely give up the bad habit; on the other, it simultaneously enables them learn and master instrumental music/painting, irrespective of their age.

We, therefore, call *Sitar* Ravishankar of North India and *Veena* Gayathri of Tamil Nadu (in the West the counterparts are *Violinist* Shehu Yehudhi Menhunin and *Pianist* Elton Jhon) as "POSITIVE Walnut-type persons." Had the parents of these instrumentalists done the mistake of discouraging their learning instrumental music and insisted on their becoming a graduate, they would have ended up as a diploma/degree holder working in an office for a mere 5-10 thousand rupees per month and later becoming the worst addicts to alcohol, drugs etc.

From the above, we get the lesson (by the study of Dr. Bach Remedies) that in de-addiction centres we must teach instrumental music/painting and this alone is the only correct solution to cure addictions. Will the concerned authorities wake up at least now?

Let us now turn our attention to another Bach remedy called

CHERRY PLUM

This remedy is to be prescribed for the following symptoms:

(i) mind giving way; or, fear of loss of reason;
(ii) irresistible temptation;
(iii) suicidal disposition.

'Uncontrollable' anger, unbearable thirst, insatiable appetite, cannot wait for food when hungry.

A diabetic patient with Cherry Plum negative mentality cannot avoid sweets on seeing it when served in dinner parties.

Suicidal disposition: "Person commits suicide because of unbearable chronic abdominal pain that resisted treatment by the best doctors." Cherry Plum cures the underlying pathology and so the pain is cured completely and permanently. Not only colic. For that matter any disease that makes the sufferer cry or weep with pain.

"Man commits suicide due to poverty." This also appears occasionally in dailies.

Again, in the case of suicidal disposition due to poverty, when Cherry Plum is prescribed, it gives the victim sufficient mental balance enabling him to find ways and means of earning sufficient money; therefore, suicidal disposition disappears.

Persons who weep with 'unbearable' pain in any part of his body (whatever may be the name of his disease).

Cherry Plum is not a painkiller but it cures the underlying pathology thus relieving the pain.

The best place to illustrate the use of Cherry Plum is the labor ward in any maternity hospital.

(Dr. Bach Remedies are thirty-eight in all. Every person would be of one remedy-type only, at a given time. Thus, roughly three out of every hundred persons would be Cherry Plum type). Go to the verandah of any labor ward and you would be hearing the shouting, crying or weeping of three out of every one hundred expectant mothers. The child wants to come out but the mouth of the uterus does not dilate. Thus, it causes "unbearable" pain making the mother cry. We give Cherry Plum at this time to these ladies (say, 1-3 doses every 5-15 minutes). Soon they have normal delivery. At this point please do not note that Cherry Plum is for "easy delivery." Not only painful delivery but in all diseases or problems in life where the affected person cries/weeps with 'unbearable' pain (or resorts to suicide) Cherry Plum is to be prescribed and it cures him. In the case of life problems making them resort to suicide, the remedy enables them to automatically find ways and means to solve their problems.†

I called aside the above ladies to whom Cherry Plum was prescribed for 'unbearable pain' and advised them to take daily one dose of the same remedy. They said, "Sir, we have delivered the baby. Why more medicine?" I advised them that this remedy would enable them know as to why they got such 'unbearable' labor pain for hours together and also to prevent all future sufferings (be it bodily diseases or problems in life) that make them weep or cry. They started taking the remedy. After a few weeks it was noticed that all of them started learning vocal music (irrespective of their age) and after a year or so were performing in music clubs and stages which gave them immense satisfaction in life besides more extra money!

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†'When his *reputation is at stake* a person *commits suicide*.' This symptom is covered by another Bach remedy *viz., Agrimony.*

Mighty Nature indirectly tells the above ladies: "I sent you on earth to learn vocal music and derive great satisfaction in life which most of the people miss in their lifetime. Constantly straining yourself and making money leaves one fretting and fuming all the time. But whom you derive real satisfaction by doing something for which you are made, it makes you to be at peace with yourself, besides letting you earn the money you need and keeping you free from ill-health."

The question now before us is: What is the connection between 'vocal' music and 'crying with pain or problem in life?' In both instances, 'voice' is used continuously in high pitch.†

From the Bach Remedy CHERRY PLUM, we learn that those weeping/shedding tears should start learning vocal music.

We call 'weeping with pain or resorting to suicide due to problem in life' as 'NEGATIVE ASPECT' of Cherry Plum.	'Singing' is the 'POSITIVE ASPECT' of the remedy.

We may, thus, call Michael Jackson or Madonna of the West and M. S. Subbalaxmi, Sudha Raghunathan, Sowmya of South India and Latha Mangeshkar of North India as positive *Cherry Plum* personalities. Suppose, parents of these vocalists had insisted on academic education, bank job, etc., by now they would have developed problems in life or diseases making them weep or cry with pain.

†Tongue/throat is used to make noise/voice as well as to taste delicious food. Therefore, another use of the Bach Remedy *Cherry Plum* is "irresistible temptation" or "unable to observe diet restrictions."

Let us now look at some more persons who need the remedy Cherry Plum.

1. Persons taking frequent cool drinks every time they go in the hot sun; (‘unbearable’ thirst)
2. Short-tempered persons who shout and scream in anger. ‘Uncontrollable’ thirst, ‘uncontrollable’ anger, appetite etc. are the symptoms of Cherry Plum.
3. Those who cannot observe diet restrictions. “Irresistible temptation.”
4. Those resorting to suicide, *e. g.*, to put an end to their pain in abdomen when the best doctors failed to cure them with their medicines.
5. Persons committing suicide due to poverty.
6. Parents beating their children in anger.
7. Teachers and masters beating their students in anger because the latter is not learning in spite of repeated coaching.

By now, the reader would have learnt what we mean by ‘positive’ and ‘negative’ types. We find that there are thirty-eight types of persons only in the world. If a person is positive, he need not take any Bach remedy. Negative type may take his respective remedy to become positive. This is the secret of Bach remedies and that is why it is able to cure gently, quickly and permanently that too without any side effects.

ADDICTION AS VIEWED IN THE SYSTEM OF BACH FLOWER REMEDIES:

[In de-addiction centres one and the same drug is given to all alcoholics. Persons thus treated, of course, give up alcohol and does not take even if it is offered to him. But, because of the side effects, he becomes dull, stupid, lazy, lethargic etc., and is unable to concentrate in discharging his official duties and responsibilities at home. Alas! After six months, when the drug goes out of his body, he starts consuming double the quantity of what he had been taking originally. It is a stereotyped method where humans are treated like animals and thus the patients suffer from side effects.]

This is because one and the same remedy is given to all addicts (as done in veterinary practice) for alcoholism.

In Bach Remedies system we do not treat 'addiction' but we treat 'personalities' of the addicts. Hence no side effects. We ***individualise*** the victims.

Let us examine a few alcoholics. The type of classifications on the next page is not anybody's theory but they have been in existence from time immemorial.

(A) REGULAR (DAILY) DRINKER/CHAIN-SMOKERS

Name of the Bach Remedy	Symptom of the victim (addict)
WALNUT	Here, it is a matter of sheer habit. The question of giving up alcohol/tobacco does not arise because the victim does not even think of making an attempt to give up this habit. For once, if he misses his drink, his hand would shake and subsequently suffer from withdrawal symptoms. This is a **clear case of addiction indeed.**
SCLERANTHUS	At night he firmly takes a vow that from the next day he won't take alcohol and promises to his wife too. But the very next day the same old story is repeated. This is *not* addiction but **unsteadiness of mind** (Irresolution).
AGRIMONY	Does not take alcohol for 'kick' as the first said Walnut-type persons. But **to forget his worries** at home when some dishonourable event has happened like the elopement of his daughter, his wife living with another person etc. One day he suddenly starts drinking to ventilate his suppressed emotions and grief.
VINE	Drinks not necessarily for 'kick' like the first said *Walnut-type*. He wants to put up a show before others that he *does* drink—**The status monger.** Therefore drinks 'imported stuff' like scotch etc. This would be further evidenced by the fact that in his house we find in the hall, empty biscuit brandy bottles neatly arranged in a showcase.
CHERRY PLUM	He decides to give up the habit and has completely stopped it. But when he happens to see the bottle or someone smoking, he would take a peg (or a cigarette) and no more after that, till such time he again sees the bottle/cigarette packet. A case of **irresistible temptation** indeed. (Mind giving way.)

(B) OCCASIONAL DRINKERS:

Name of the Bach Remedy	Mind symptom of the person taking alcohol
WILD ROSE	This type persons are not regular drinkers. They drink to 'enjoy' life or to celebrate once a while, like for example, on the first of every month when they get their monthly salary or, on the day of receiving yearly bonus; or, on the date of getting arrears etc., and on occasions like promotion, transfer, wedding party etc. **(celebration!)** Enjoyment of life!
HORNBEAM	These types of persons are neither 'addicts' nor are they fond of the 'kick' feeling. They are **tonic mongers** or **strength-maniacs**. Drinks 'wine' or 'brandy' only, because these two are said to be good for health. (It is a freely floating myth that one drop of wine is equal to one drop of blood!) They are over conscious of nutrition, vim, vigour & vitality. They have forgotten that 'health is wealth' and wrongly thinking that 'strength is wealth.'
CHICORY	Here he is a **miser.** He does not drink by buying from the liquor shop. But when available 'free of cost' such as in parties etc., even though he does not know how to drink, he gulps down *as much as possible* and comes home and vomits everything. (The regular drinker knows his limit and does not overdose himself.)
MIMULUS	Here is the **nervous fellow** who has the fear-complex, drinks to become bold. These types take liquor just before encountering his rivals.

From the foregoing we can certainly call Bach Remedies as *human medicine* because every victim/patient is *individualised.*

Again, let us reiterate, here we are not doing any psycho-analysis of addicts, but in the above table, we have just given the classification *as it exists* and as seen by us and this has been happening *from time immemorial.*

The names of the 39 Bach Remedies are:

1.	Agrimony	14.	Heather	27.	Rock Water
2.	Aspen	15.	Holly	28.	Scleranthus
3.	Beech	16.	Honeysuckle	29.	Star of Bethlehem
4.	Centaury	17.	Hornbeam	30.	Sweet Chestnut
5.	Cerato	18.	Impatiens	31.	Vervain
6.	Cherry Plum	19.	Larch	32.	Vine
7.	Chestnutbud	20.	Mimulus	33.	Walnut
8.	Chicory	21.	Mustard	34.	Water Violet
9.	Clematis	22.	Oak	35.	White Chestnut
10.	Crab Apple	23.	Olive	36.	Wild Oat
11.	Elm	24.	Pine	37.	Wild Rose
12.	Gentian	25.	Red Chestnut	38.	Willow
13.	Gorse	26.	Rock Rose	39.	*Rescue Remedy*

Note: (1) Each of the first thirty-eight in the above list, contains trace quantity of a particular wild flower. The remedy *Rock Water* at Serial No. 27 alone is not from a flower, but it is merely water collected from natural springs found among hard rocks.

(2) *Rescue Remedy* at Sl. No. 39 is a mixture of the five remedies at serial Nos. 6, 9, 18, 26 and 29.

The cost of each remedy 10ml pack of 300 tiny pills is Rs.120=00 for getting one complete set of all these remedies you may send Rs.4,800=00.

SALIENT FEATURES OF BACH REMEDIES:

- There are just thirty-eight remedies only.
- No elaborate head racking study. It is very simple and easily learnt.
- There is absolutely no diet or other restrictions.
- No contra-indications.
- It can be taken at any time, not necessarily before or after food.
- They are available in the form of "ready-to-take" sweet pills.
- There is no need to swallow the pills with water; just to be chewed. Easily carried during journeys.
- To those who refuse medicine, the pills can be dissolved in their drinking water, coffee/tea etc. This does not cause discolouration of water nor does it emit any smell.
- There is no expiry date for these remedies. [Anything kept dissolved in honey, alcohol or cane sugar retains effects life-time.]
- They are absolutely safe, non-habit-forming and even if wrongly used or taken in over doses, do not produce side effects.
- There is no question of withdrawal symptom.
- These remedies can be given to persons of all ages, newborn babies as well as to women at all months of pregnancy.
- They can be taken while you are on other medicines/ treatment because they do not interfere with the action of other treatments.
- Up to five medicines can be taken together at a time.

- ❋ They can be repeated as often as required. In chronic diseases, once or twice daily.
- ❋ The effects are almost instantaneous and the effects are seen with the very first dose.

Results of Forty-two Years of Relentless and Exploratory study

This system consists of thirty-eight remedies, each one containing trace quantity of a non-toxic wild flower, *found in their natural habitat in the English forest.* While all the thirty-eight flowers are found together in one place called Mount Vernon in England, they are not found all together anywhere else on earth in their natural habitat. (Nature keeps her ways secret!)

Around the year 1936, Dr. Edward Bach, M.B.B.S., M.R.C.S., then practising in Harley Street (Hollywood of medical doctors) London, abandoned his lucrative medical practice and went into the forest, in search for a better and easy medical system so that everyone may treat and cure himself just as we take food when hungry or cover ourselves with woollen clothes in biting cold winter; his mission resulted in unearthing the most *valuable treasure in botany* and *most useful for the entire humanity.* slowly he discovered the therapeutic and other benefits of these flowers. The author of this book made an exploratory study of this system of medicine with forty years of practice and teaching. He is presenting in the following pages the uses of Dr. Bach Remedies. A set of 39 Bach remedies are being sold in all homoeopathic drug stores and leading departmental stores all over the world including the Gulf countries.

To learn and master this subject called *Dr. Bach Flower Remedies,* it is sufficient if you attend our 3-day personal course.

The word 'axiom' means an accepted statement or proposition regarded as being self-evidently true (Oxford dictionary).

Following are some of the axioms:

Nature constantly works toward perfection.
Nature produces in abundance.
Nature's ways are always short.
Nature's ways cannot be improved upon.

In the face of the above and if it be true that God loves us so much, He ought to have given a medical system by which we should be able to treat and cure ourselves, that too almost instantaneously (without any detailed knowledge of pathology etc.), without side effects, contra-indications or habit-forming tendencies.

Yes! Nature has given a complete medical system in the form of thirty-seven wild flowers that are non-toxic; surprisingly all these are found together in their natural habitat in a small village called Mount Vernon among the thick forests in England. Around the year 1936 Dr. Edward Bach, discovered them.

HOW CAN WE SAY THAT BACH FLOWER REMEDIES ARE EFFECTIVE IN SHAPING EVERY ONE'S PERSONALITY?

We have already said that all these flowers are available in English forests alone. The aroma of these flowers carried by the flower dust and spread by winds have been influencing the British people from time immemorial and making them No.1 in all fields.

How can we say that the British are No. 1 in the World?

Radio stations of many countries relay B.B.C. news, but B.B.C. does not relay news of other stations.

The highest respectable qualification in medical practice is F.R.C.S., M.R.C.P. etc. These can be acquired by studying in England alone. The richest Gulf countries have accepted and adopted these parameters for employing doctors in their hospitals and M.B.B.S., M.D., or M.S. from India is hardly considered at the highest level.

To study Economics, London School of Economics is the most prestigious institution and to get admission is not an easy task. And the fees? A whooping twenty lakhs! Again, those Indians who have studied Law in England (Barrister-at-law) have opened offices all over Europe. This qualification is recognised internationally.

We are not writing all these to praise Englishmen, but the focus is on something else.

How is it possible for the British to be No. 1 in many fields? Even in games, the most popular and most loved one is cricket. The origin of this game is England.

And now, the secret of their being No. 1:

It is only because of the effects of thirty-seven wild flowers in abundance in their natural habitat in English forests only. The aroma of these flowers has been influencing the British for thousands of years.

WHY SHOULD ALL OF US KNOW AND LEARN DR. BACH FLOWER REMEDIES OF ENGLAND?

Maths wizard Shakuntala Devi, (who had not entered a college even once) was awarded a brand new Benz car (worth Rs.30 lakhs) free of cost when she challenged the latest computer in Benz car manufacturing company of Germany, did a complicated calculation mentally and gave the answer faster than the latest computer. She became a wizard in calculations not by studying B.Sc. or M.Sc. (Maths) in any college; she is a mere S.S.L.C. or Tenth Standard.

Nor did Mahatma Gandhi study *ahimsa* (non-violence) in any college. He became the father of Indian nation not because he was a barrister-at-law. Nay, most of the people even do not know that he is a foreign qualified law graduate!

Nor had Oxford studied English literature in any college to compile the world famous Oxford dictionary. He studied up to 9th standard and discontinued his school.

Our arts colleges/universities all over the world are not able to bring out a better compiler of dictionary than Oxford.

Number one author of World History is H. G. Wells. Alas! He was a science student and he did not study B.A. or M.A. (History) to become No.1 author of world history.

If you want to end up as a mere breadwinner by earning 20-30 thousand rupees per month, you may mug up notes aspiring to put the title "M.A." etc., after your name. But if you want more servants to wait on you like Oxford, Shakuntala Devi etc., and if you want to get an income proportionate to your expenses and requirements, then heuristic method is there for you.

"What should I now do to find a fine new thing/subject by heuristic method?" Some of you may wonder!

Our answer is, 'For that, you have to free yourself from the undesirable effects of tradition, descent etc.'

Again your question would be: "How can I do that?"

Answer to this question comes from Bach Flower Remedies of England.

Let us now study some more remedies one by one.

MIMULUS

Key notes: Fear of known things.

A lady walked into my clinic telling a history of two months headache and ultimately ended by saying that she was afraid that it may be a brain tumour.

I prescribed *Mimulus* to be taken two pills thrice daily; it cured her headache.

Here, this patient walked in with a physical malady *viz.*, headache, but ended by telling 'fear.'

In very rare number of cases, where a patient does not talk much, that in itself is a symptom called *taciturnity* and the Bach remedy *Agrimony* covers it.

One must improve his faculty of listening to the patient. That is all what is required for being a successful Bach Remedies practitioner.

The talkie-talkie loquacious person will be Number One failure and so is unfit to practise Bach Remedies. The unprejudiced and careful observer who simply listens to the very words uttered by the sufferer, without interrupting him, would only wait till he gets what he wants—some words / phrases indicating a Bach remedy.

THE PATIENT HIMSELF TELLS HIS REMEDY.

The remedy *Mimulus* is for fear of known cause; fear of death during the course of serious acute disease; "fear of cancer" and so on.

In patients needing *Mimulus*, it is about a particular known thing that he is afraid of; the fear may be unwarranted also.

Some examples are:

"Fear of taking an injection." We call such persons "nervous types."

"Fear of high places;" "fear of the boss in office."

"Fear of robbers, accidents, etc."

"Fear of electric current" and so is afraid of handling electrically-operated appliances.

"Fear of darkness" (But, if this is ameliorated in company, *Chicory* is the remedy.)

"Fear of using the razor in shaving, of dogs, of oxen." When he has to go out and meet a big person, he becomes nervous.

[For "fear of snake" see another Bach Remedy Rock Rose. (extreme fear or terror, panic)]

To a lady in whose house there were lot of cockroaches of which she was afraid, *Mimulus* was given thrice daily; after a week she remarked: "I am not afraid of cockroaches now..."

Some children are afraid of the class teacher; some are afraid of a tall person with long moustache. Fear of father who is always strict and beats his children often.

Whenever a patient tells you of his trouble: "I am afraid it may be cancer" or "Will it spread?" or "Will it terminate in a fatal or an incurable disease?" Then, irrespective of his ailment he is referring to, you can give *Mimulus*. It not only removes the fear from the mind of such persons but also cures the disease which he refers to with fear. "Fear of impending disease" all need *Mimulus*. Often we find this symptom in case of difficult breathing, pain in chest etc.

"I had pain in my chest last night. Will it turn into heart attack or will it be connected with the beginning of any serious heart trouble?" asked a lady. *Mimulus* cured her.

Mr. S. was admitted for cataract surgery. On the day when he was taken to the theatre he got frightened by looking at the surgical instruments etc., and his blood pressure shot up; hence surgery was postponed and he was given pills to bring down the blood pressure; next day also the same story repeated and so on. *Mimulus* was given thrice daily and he was no longer afraid of surgery and his blood pressure remained normal.

The remedy *Mimulus* compared with another remedy viz., *Chicory*: "Fear of going alone in the dark." May be it is the thought of ghosts or robbers which gives rise to fear. But, if the person says that in the company of someone he can go without fear in darkness, then *Chicory* is the remedy for him and not *Mimulus*. *Wherever fear is ameliorated in the company of someone and aggravated while alone, Chicory is to be considered.*

"I cannot sleep alone in a house. But, if there is one or more persons—even a small child—for company then I can sleep even in a bungalow haunted by ghosts." *Chicory* is the remedy for this state and no amount of *Mimulus* will help.

Auto rickshaw drivers in Madras City are just horrible. Every one is afraid of them. Before engaging an auto you may take one pill of *Mimulus*; he will talk politely and take us anywhere we want, without asking for extra money over meter.

———————

Our next Bach remedy

CHESTNUTBUD

(We must keep in mind that the following can be cured only if C. T. scan shows no abnormality in the brain.)

This remedy has two symptoms:

(i) Slowness in Learning;

(ii) Escapist Mentality.

(1) Children who are slow in learning; in spite of tuition for each subject he is getting only single digit marks.

We call it "low *i. q.,* (intelligence quotient)." Slowness in learning is due to lack of interest and attention.

Here we must carefully note that the remedy *Chestnutbud* does not increase anyone's brain power or capacity. It only and merely removes 'lack of interest' and 'inattention.'

Thus, the term "low *i. q.*" goes out of terminology with Bach Remedies.

Some readers at once rush to a wrong conclusion that Chestnutbud will make all students get good or pass marks. No, not at all. (That routinism will not be tolerated in this system.)

(2) Let us now turn and look at another type of students where the mother says,

"Doctor, if he sits and studies well, he would no doubt score first rank. But the problem with him is that he does not study much, but takes more interest in watching television, playing games with cell phones etc."

In this case it is 'laziness' or 'indifference to important things'. These boys study late hours just 1-2 weeks before examination. For these class of boys the Bach remedy is *Scleranthus* and

when it is given they become prompt and punctual in their studies and score much more marks than they were getting prior to taking the remedy.

(3) Away from the above two categories of students let us examine another type.

A boy scores anywhere between 45 to 70% and you ask him why he is not getting first rank like the boy who stands first in the class. Listen to his reply,

"I cannot be like him. He is all great."

Here he unnecessarily praises the first rank boy and comparing himself with him, he says that he cannot be like him. A case of lack of self-confidence. *Larch* is the Bach Remedy for this boy and this remedy will make him score first rank.

You should not hastily conclude that by giving all the above three remedies, *(viz., Chestnutbud, Scleranthus and Larch)* to all students we may make everyone get first rank. That is not a good practice. **You have to individualise each student according to the symptom of various Bach remedies.**

Let us now see how "slowness in learning" operates in some persons:

In learning cycling, gradual progress should be seen every day. But even after ten days of practice there is no progress in his cycling skills, but a lot of injuries to the self by attempting and falling. What would he say next? "I do not want cycling." *Escapist mentality* indeed. Chestnutbud would make him learn easily.

Let us examine the symptom 'Escapist mentality.' Every thief would only try to escape. If all thieves would come forward and accept their crime, there is no need for police, court, or prison.

In police stations proportionate to the third degree methods adopted by the police in "interrogation", the culprit gets, he will admit the theft committed by him. But third degree methods, torture, and lock-up deaths will go out of terminology with Bach Remedies. To the suspect, those sub-inspectors (who have learnt Bach Remedies system) would give a glass of water after dissolving a few pills of the remedy Chestnutbud into it. In a few minutes time, the thief would voluntarily disclose not only the theft committed by him (for which he had been interrogated) but all other thefts committed by him since long.

Chestnutbud is not a truth finding medicine. It simply removes "escapist mentality" which is undesirable and a disease. When it is removed, he speaks out the truth.

Very good indeed in the hands of police officials, income-tax and sales-tax officers. No need for raids and hour-long interrogation. Dissolve a few pills of the remedy Chestnutbud into water and give it to the suspect; very soon it will be a total voluntary disclosure. "Voluntary disclosure schemes" will go out of terminology with Chestnutbud.

For any average Indian, the moment his income exceeds the ceiling, the first thing he would think of is how to *evade* tax. Nobody maintains true account of income; what they show to income-tax dept is false—say about one-third to one-sixth of their actual profit in business.

All these evaders must take Chestnutbud. Most readers would retort, "Oh, No! I have to lose several thousands or lakhs!"

But, dear reader, Bach Remedies do not make you poor!

You do spend hours or days for hiding your income. By taking Chestnutbud you would use your mind and tune in a constructive way and put it to right use in your business and

soon that would mean several-fold increase of your income. Chestnutbud does not merely make one lose the amount (which one would have otherwise concealed from income-tax dept.) Time and man-hours spent on hiding your income would now be put to right use in your business (with the help of Chestnutbud) and your income will multiply and what you pay as income-tax would become negligible.

ESCAPIST MENTALITY! Marking time and shirking responsibility. That is what is said about persons in government offices who do not work. When a big statement is given to the typist, he would cut the draw cord or loosen some screws in the typewriter and would offer lame excuse saying that the machine is out of order.

When leave is not granted to a car-driver, he cuts off some electric wire and would say "car repair" and that it must be sent to the workshop for repair.

In case of theft in your house, if you suspect one of your servants, give him Chestnutbud in coffee or tea and after drinking it he would soon come out with the truth. No need for interrogation, or third-degree manners by police.

Chestnutbud is not a 'truth finder'. It simply removes the negative aspect of the mind—"escapist mentality." Therefore, lock-up deaths, court etc., go out of terminology and the poor newspaper men would have no work to do.

To the convicts, upon completion of their term of punishment, when released from prisons, as a rehabilitation measure give them daily 1-2 doses of **Chestnutbud.** Will it remove their thieving mentality? No one has so far given the correct solution for the culprits as rehabilitation method. These so-called convicts had been sent on earth to learn a particular unique subject (distinct and different from all others, who, like herds of animals

are studying commerce, computer, literature etc. etc.) Because he could not find the teacher to teach him that unique subject or trade, his mind gets diverted to the readily available burglary, pick-pocketing etc.

As a rehabilitation measure, we may give all these convicts the Bach Remedy **Chestnutbud** and we would be surprised how they learn a hitherto unknown unique trade/subject/profession and become No. 1 in that and would really be earning in a very decent manner more than the judge or police superintendent who had sent him to jail.

ESCAPIST MENTALITY: When pressed with difficulties and problems in the family the father or mother may say, "I feel as if I should run away somewhere." Chestnutbud will help him to face and solve the problem.

The boy who has failed in his tenth standard 'runs away' from home. He needs Chestnutbud.

A boy and girl loving each other; both their parents refuse to their marriage. The couple decide eo elope. Chestnutbud is needed for them.

Chestnutbud is for those who try to escape from their "responsibilities."

What is the positive aspect of Chestnutbud?

Negative type says "I feel as if I should run away somewhere..." But where? Yes, you should run to the master, a good teacher. Chestnutbud helps you learn lessons quickly. But, more than that, it makes you run to the right teacher too—whatever may be your subject, including spiritualism. Also with Chestnutbud you learn a subject without mistakes.

To a boy who was getting average marks, the above three remedies *viz.*, Chestnutbud, Scleranthus and Larch were given (to be taken together, daily one dose but this had no effect. The teacher came to us asking whether the remedies would not act in some boys. We asked the boy to be brought before us. From the description of parents we could easily conclude that he was neither a *Chestnutbud*-type nor *Scleranthus*-type nor *Larch*-type.

We simply asked the boy as to why he failed. His reply,

"Fellows who do not know the subject Chemistry have come to teach in my school to cut my throat."

Here, he "blames" the teacher for his having failed in the examination.

Willow is the name of another Bach Remedy for "blaming others for our faults." This was prescribed to him and he got first rank in the following exam.

In yet another case of a boy, when asked as to why he failed, he replied, "Doctor, had I studied well I would have passed. It is my mistake. I spent more time in playing cricket, watching television etc. Had I been careful I would have passed in the exam. I now feel for it."

In this case he 'regrets over missed chances and lost opportunities.' The Bach remedy for regretting over past mistakes is *Honeysuckle* and it helped him in the next exam to get very good marks.

It is the patient (his reaction) we have to prescribe for and not for "getting good marks."

Bach Remedies can be given to people of all ages and to ladies at all months of pregnancy.

Like this you must know the classifications of the 38 remedy-types. Then prescription becomes easy.

Learn the subject first and then start prescribing for addiction, for students poor in studies, for increasing one's income, strategies, dimensions etc.

Otherwise, if you ask us names of remedy for 'memory power' etc., you cannot practise Bach remedies.

> You cannot make Bach Remedies to fit into your classifications, *et hoc genus omne,* but learn the classifications as it exists in the humanity from time immemorial and use the Remedies accordingly.

What the reader has so far studied is only an introduction. Let us now make an in-depth study of the subject exactly and accurately.

Each of the thirty-eight remedies has its own unique features that help us to select it. The description of various remedies are not made on any 'theory' or 'principle' but it exists from time immemorial. In other words, this system is already known to all of us.

For example, let us examine the following words, which most of the readers would have heard at one time or other the following listed expressions, uttered by some one or the other:

(A) "Even my enemy should not get this type of suffering (which I am having now.)"—This is 'mental anguish'.

(B) "No one on earth should get this type of suffering (which I have now.)"

Statement (A) points to the Bach remedy *Sweet Chestnut*. The complaint of the sufferer may be headache or lumbago or any other. Sweet Chestnut would cure him.

Statement (B) points to another Bach remedy *Rock Rose*.—'extreme bodily suffering of body or torture'.

In other words we say that in this system the patient indicates the remedy to us.

(C) "I am now paying (in the form of throat cancer) for my past sins." This person needs the Bach remedy *Pine*.—'self-contempt or guilt feeling'.

Doctors of all other medical systems would only ignore the above words (which are spontaneously told). But we take these and these alone for selecting the Bach remedy.

Each sufferer talks or reacts in his own unique way and we have a corresponding flower to cure him (whatever may be his disease or pathology). Nature constantly works toward perfection.

In some remedies it is the body language or type or nature of complaint that indicates the remedy.

For example the remedy White Chestnut is useful for the following complaints.

(a) complaints that disturbs your routine.

(b) complaints that do not allow you to sleep (say pain in abdomen); or wakes you from sleep (cough) or complaints on waking (headache).

(c) sudden stoppage (torpor) of daily routine such as 'constipation with no urging' for days. (For 'ineffectual urging' or incomplete evacuation the Bach remedy is *Scleranthus*)

(d) persons who have not recovered from the effects of some disease or injuries and patient declared 'clinically all right'—disability of joints after accident

where ortho and neuro declare him 'clinically all right' but he is not able to move the joint freely.

(e) delusions, illusions, hallucinations.

(f) nervous excitement. The so-called examination funk. Due to nervous excitement (not fear) mind becomes blank in the exam hall.

(g) same unwanted thoughts occurring again and again etc., etc.

Persons needing the Bach remedy Agrimony often crack jokes.

Those who often tell proverbs are Beech-type.

Persons requiring the Bach remedy Wild Rose tease others quite often.

The reader can go to a buffet dinner party, stand aside and watch how each one is choosing his food.

(A) Persons of Hornbeam-type first collects all cashew nuts/ badam spread on sweets or floating in kheer (payasam). He has the mania for vim, vigour vitality. Strength, nutrition.

(B) Cherry Plum persons take only those items that make his mouth water (Delicacies)

(C) For Chicory-type persons quantity is the criteria. He will try to gulp down more and more. Also, he would pack some items and take home! (greedy, miser).

In the next pages, we will study elaborately two remedies *viz.,* Willow and Gentian.

WILLOW

Blames others for his own faults/mistakes.

"Don't cut my throat." "All fellows are disturbing me."

For the *Willow* type person, excepting himself, all others are dishonest and disturbing him.

In the clinic, we can easily spot *Willow* types.

"Doctor, you have been treating me for this l..o..n..g period of o..n..e year and have taken three thousand rupees; but no relief is visible." He blames the doctor, whereas, in fact, the present doctor had given him more than 75% relief compared to zero result obtained by him with two years' treatment earlier, that too after having spent twenty-five thousands.

In another case, a rectal cancer patient (condemned to death in five months time) was completely cured by me in three months time and had been living even after six months. I had charged him just five thousand rupees for three months treatment, whereas he had spent more than a lakh on previous treatment with nil result and was condemned to death! During his visit, instead of gratitude, he retorts: "Doctor, you say you have cured me; look at this eczema. It is still there." Compared to eczema (which he had been having for years), cure of cancer is a very good thing, but, being a *Willow* type, he would never refer to that.

He holds on to something or someone to make complaints. He can never be satisfied or made happy.

Bitterness for others. Full of rancour.

"Don't trouble me," "Don't disturb me," "Don't kill me" are the words quite often told by persons needing this remedy.

Even in ordinary talk he will attribute his failures and sufferings to others' faults.

"All fellows are troublesome." "No one is doing his duty."

While putting on his shirt he does so inside out, and instead of realising his mistake, blames the tailor or the textile industry that manufactured the cloth.

'Appreciation,' 'approval of good work' etc., are not in his vocabulary.

He will travel in the train without buying a ticket. But will not hesitate to condemn railway officials for inadequate services! He even calls them thieves.

He tries to repair the electric fan himself without any knowledge of its mechanism. He tinkers with it and unable to repair it, blames the manufacturer for making a fan with such a complicated mechanism. He does not accept his silliness of having meddled with it.

In illness, he blames the doctor for not giving quick relief or for charging more. He resents the doctor by telling "He knows to take huge fees."

Always complaining about and against others. For the *Willow* type person, all things and persons (excepting himself) are wrong.

A beginner in Bach remedies (who is a *Willow* type) blames the drug store from where he bought the medicine for supplying sub-standard medicine whereas the fault really lies in his wrong selection of remedies for himself/others.

The *Willow*-type father or mother feels that his/her children are born to trouble them and so scolds them. (Natural love is absent.) [Wild Rose type persons feel that children are a 'burden.']

"How much more service you want me to do for the small amount you pay me."

A shop-keeper always sells goods at a rate higher than other shops in the town. This may be due to (i) either a desire for more money—*Chicory*-mentality, or (ii) he is a *Willow*-type who would say, "When people are minting money in various business, the profit earned by me is much less."

A *Willow* type person is never happy, never smiles. 'Dissatisfaction,' 'contempt for others' are his characteristics. Even if you pay him more than what you give to others in his cadre, he still feels he is given less than what is due to him. "I am suffering because of others' fault."

He may injure himself by tripping and falling on account of his carelessness or suffer a loss in business owing to his own lack of prudence. But he would blame someone else for this. [Another Bach Remedy *Holly* is for hatred, jealousy etc.]

"Aversion to food, aversion to wife, and family members." (For indifference to family members, the Bach remedy is *Wild Rose*.)

Look at the man who starts disliking his wife. He *blames* his parents for selecting such an ugly, useless or unsuitable girl (though he had selected the girl himself). *Willow* would help him love his wife by removing the contempt from his mind.

(If, from the very beginning, he hates her just because she is not beautiful, then *Beech* is the remedy which will make him tolerant of her appearances, and appreciate the good qualities in her. After all, each and every girl is to be married.)

Another Bach remedy *Beech* compared with *Willow:* Both remedy-type persons condemn others. While *Beech*-type stops with 'criticising' others, the *Willow* type resents others' success for his failures. *Beech*-type criticise others' fault but not in comparison with himself. *Willow*-type feels that compared to others, he is ill-placed in life.

Willow should not be confounded with other Bach remedies *Holly, Gentian* and *Beech*.

Holly-type is jealous of others' success and it is causeless. *Willow*-type resents others' success in comparison to himself as he is not happy or comfortable in life. *Gentian*-type is depressed and has no reference to others. *Beech*-type persons criticises others' fault and has no reference to himself.

Another Bach Remedy called *Pine* blames himself even if the fault is really on others.

Quarrels between husband and wife are usually because of one blaming the other. *Willow* will make them happy. *Chicory* too is beneficial, especially when the couple become selfish and quarrel over their individual rights.

"Fellows with not even a degree are earning huge sums. But I, with a doctoral degree, am unable to get a decent job. What a society!" But he won't be willing to look at persons with equal or even more qualifications than him drawing a lesser salary.

It is really a difficult task to manage a *Willow*-type of person when he is ill. He will not be satisfied with any amount of care and attention that you give. *Willow* is the only answer. Without it, you cannot manage him.

A child suddenly cries continuously in the night. It may have colic or earache; instead of sympathising and trying to find out the cause, the *Willow*-type mother scolds it for disturbing her sleep: "You devil, you have been born to torment me."

In most of the road accidents in India, drivers of both the vehicles involved in the accident, would only blame each other and won't admit their fault. Both need *Willow*.

Willow-type persons get irritated and scolds unreasonably, when it is not warranted. "This milkman every morning comes to disturb my sleep." Actually milkman is doing his duty and there is nothing to blame.

Again, the negative *Willow*-type person blames the postman who brings money order which is an occasion for happiness or contentment and not harmful in any way. "I cannot rest for a while. This postman always disturbs me in the afternoon."

In the case of a *Willow*-type pensioner (who has to go to the bank on the first of every month to draw his pension amount) thinks it a nuisance and says, "See, every month on first I have to go to the bank all the way to get this one thousand rupees."

What he gets from others (even a thousand rupees) is small. What he gives others (even five rupees) is very big!

He is not (and can never be) satisfied with whatever salary he gets and whatever free help/assistance others give him.

In the shop, he is not pleased even when the shop-keeper gives him 95 or 100% discount. Because our *Willow*-type (though he gets free of cost) has to carry it home!

You have so for read the introduction to Bach Remedies. To learn more, you may read the author's four books on Bach remedies. For this you may send Rs.3,300=00 to Dr. V. Krishnaamurthy, A-1, Mahathi Apartments, 52/14, Jubilee Road, West Mambalam, Chennai - 600 033. For one complete set of all the 39 Bach Remedies (each 10ml pack of 300 pills) you may send Rs.3,300=00.

FREQUENTLY USED SIX REMEDIES:

Heather: Before going to talk with someone or when someone comes to you to talk, take Heather and you will get the most valuable information from the other person.

Water Violet: Once a week or once a month, you go to a star hotel with your family. Before going out, all members may take a dose of Water Violet. In the next twenty-four hours, you will get (from some source or other), the same hotel bill amount.

Cherry Plum: For unbearable pain.

Elm: Take one dose daily for one week. You will come to know the most useful things in life, such as cure of many diseases with one single dose.

Gentian: Give a dose daily once to all family members. You will be surprised to find that each one complement the other, instead of useless talks, chiding one another etc.

Wild Rose - On holidays, take a dose in the morning. You will get a good amount of money.

Again WATER VIOLET. Traffic jam. Do not worry; take a dose of Rock Rose or Water Violet. Remember, Rock Rose means a hero (Sachin Tendulkar etc.), and Water Violet is Ambulance or Fire Squad Engine. Will anyone stop these? In the busy traffic, everyone would give way to you (to your surprise.)

ADDITIONAL NOTES ON WATER VIOLET;

Focus, Focussing is the keyword for understanding the role of Water Violet in our life situations. Things that are not routine in our life or in daily life. Out of the routine or out of the way. Alternatively, rarely. They are:

1. Annual festivals;
2. Weekend holidays;
3. Buying and registering a house in your name;
4. Going to the school or college for your children's admission;
5. Opening a bank account;
6. Writing letters replying to your friend/relatives' correspondence.
7. Annual vacation holidays—going to far-off places; global tour once in a lifetime.
8. Attending a workshop or seminar or any function.

During the above occasions take Water Violet and whatever expenses incurred, you will soon get them back.

1. One week before and after Diwali, take Water Violet daily once, and within seven days after Diwali, you will get back what you spent on crackers, new dresses, sweets and savories.
2. Long holidays or global tours. While going to far-off places, in addition to Water Violet, also take (daily once) Clematis (the botanical name is Traveler's joy) + Wild Rose (enjoying the trip) + Aspen (meeting new

persons) + Honeysuckle (not to miss good things.) While on the trip or soon after your return you would get back the travel expenses.

3. A certain woman and her husband died in an accident. Their only child was to be taken care of by the woman's younger sister who was unmarried. Her brother-in-law had no brothers or sisters. This is something unusual. Anything which you do not expect, anticipate or invite, but when it comes, you have to face it at any cost—fracture or disease ending up in hospitalization. Take Water Violet until you are discharged and you get back the exact amount that you spent on hospital charges.

4. While going to a doctor in India for medical treatment, take a dose of Water Violet and that doctor will not write unnecessary tests! The attendant of the patient to take a dose of another Bach remedy *viz.,* Red Chestnut.

5. Difficulties become easy with Rock Rose—Examination, Interviews, managing too many children at the same time, traffic jam, too many work on hand. The remedy par excellence for emergencies where the life of someone is in danger Serious accidents, poison-bites, burns nod scalds, electric shock. Also during earthquakes, tsunamis, the world coming to end, wars, dropping of atomic bombs, cyclones, and heavy floods.

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FOR MEMBERS ONLY

SINGLE-DOSE-METHODS

This is a report on *Lesser Known Medicines* after fifty years of rigorous, vigorous and relentless search, study and clinical verifications. The following findings are inconceivably beyond everything on medical treatment.

For chikungunya: Give one pill of a homoeo remedy called **Boletus Laricis-1000x,** [otherwise called **Polyporus Officinale]** chewable, any time. No need to repeat at all! No diet restrictions. 5ml pack of 150 pills is available with us. (150 patients can be treated!) [Rate of success: more than 95%, if taken within two weeks of the attack].

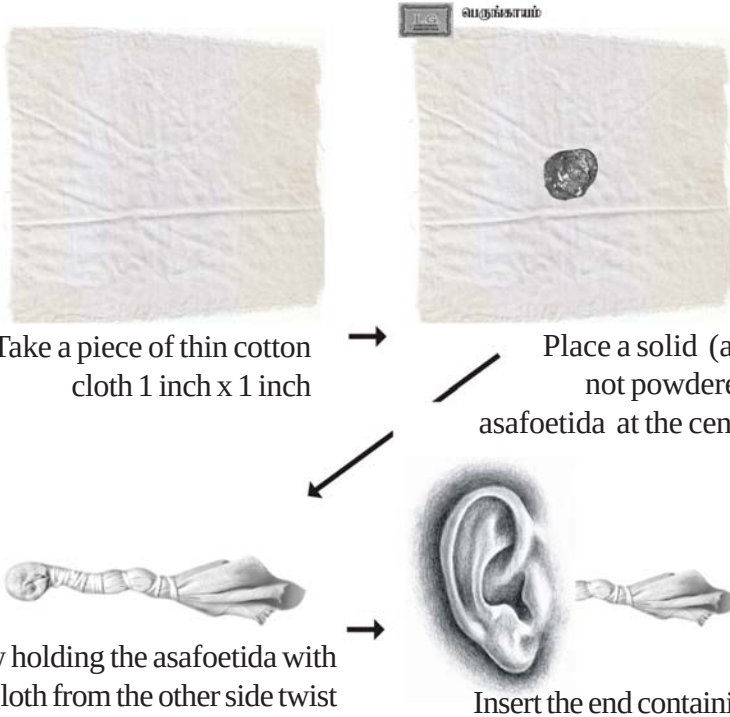
For Dengue fever: Just one pill of another homoeo remedy called ***Bryonia-1000x***. No need to repeat at all! Even those admitted in hospital for dengue, got relief by taking one pill of *Bryonia-1000x* and they asked for voluntary discharge and returned home. 5ml pack of 150 pills is available with the undersigned. (150 patients can be treated!) [Rate of success: more than 95%, if taken within two weeks of the attack].

One single pill of the homoeo remedy MERC-SOL-10,000X is sufficient for treating any **swine flu** patient. Also can be used as preventive. One pill once a month for three months prevents swine flu for six months. One 5ml pack of one hundred pills MERC-SOL-10,000X can be had from us by sending Rs.1,200=00. Bank Details.

KRISHNAMOORTHY. V., Vijaya Bank, Rangaraja-puram Branch, Chennai - 600 024, India. SB A/c No.303401010001334; IFSC Code: VIJB0003034

For Malaria: Before sunrise, pluck a leaf of the *madar* plant (எருக்கு) (found in almost every street corner by the side of a dilapidated or abandoned building). Collect in a spoon one drop of the milky juice flowing from the place where you have plucked a leaf, put that juice inside a piece of palm gur (பனைவெல்லம்) and give to the malaria patient to swallow, first thing in morning on empty stomach before sunrise, (After sunrise that juice is poisonous.) Malaria is completely cured. So for we have cured fifty-nine cases; no failure!

One minute permanent cure of chronic/recurrent ear pain: Take a piece of thin cotton cloth 1 inch x 1 inch, and place it on the table. Put a solid (not powdered) asafoetida, the size of a


பெருங்காயம்
Take a piece of thin cotton cloth 1 inch x 1 inch
Place a solid (and not powdered) asafoetida at the center
Now holding the asafoetida with the cloth from the other side twist so that the cloth becomes stiff
Insert the end containing asafoetida into the ear as far as it goes

mustard or pepper at the center of the cloth. Now hold the four courners of the cloth with your right hand fingers and lift it; hold the center of the bottom of the cloth together with the asafoetida with your left hand fingers; twist the cloth till it becomes stiff. Now insert the twisted cloth, the end with asafoetida into the ear as far as it goes and hold for one-minute. Ear pain stops. Then pull out the cloth. The asafoetida inside the cloth also coming out. The purpose of putting the asafoetida inside a piece of cloth is that it should not remain inside the ear beyond one minute.

Mr. Rajan (Phone: 9444314892) reports that his daughter used to get pain in ear once in six months and it would be cured by giving allopathic medicines for three days. This has happened more than three to four times, every time patient suffering with ear pain for three days. After he did the above asafoetida treatment, not only she was completely cured in a minute, but also their is no relapse even after three years.

Internal cancer: (excluding open cancer and blood cancer): Take exactly one thousand lime fruits, (எலுமிச்சை) cut across all of them into two, extract the juice and keep it aside. Roast the skin and nuts in a clean and big pan (using tamarind or neem tree as firewood) for 4 to 9 hours using long handled ladle (கரண்டி) to continuously stir/dig around, so that the lime skins do not stick at the bottom of the pan. After continuously roasting for 3-5 hours, the lime skins and nuts become pitch black. Continue stirring till the inside bottom of the iron pan glows like fire. Then the darkened lime skins start burning. Continue to stir non-stop, with the help of two or three persons'. After the contents become ash the glowing fire disappears. Allow it to cool down (4-8 hours), then collect the ash in a clay saucer or cup, add sufficient lime juice (already kept aside in the beginning) and mix as a paste; then spread it on 2-3 clay saucer. Allow to dry for a day, then gently scrub and collect in a glass bottle. One pinch taken (any time) dry

on tongue (chewable) has completely cured most of the internal cancers. Rate of success: 95%. No nead to repeat. No diet or other restrictions. Those preparing this for the first time should do so with the help of the author of this book. If you prepare the medicine with less number of lemons, it is not effective.

Those who want one dose of this cancer medicine may send us Rs.6,500=00.

If a person without cancer takes this one dose, it not only prevents cancer for ten years, but also **it opens a new chapter in his life. Rejuvenating, rejuvenation** is the key-word for the effects of taking this one dose cancer medicine. Many persons call it **elixir of life.** Your wits are sharpened, vitality increases and you feel young both in body and mind. Our students have been reporting that the following disceases have also been cured by one dose of this cancer medicine.

(a) Fibroid tumour in uterus.
(b) Ovary cyst and polycystic ovaries.
(c) Sterility/Infertility. (Both husband and wife) should take one dose. No need to repeat.

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Details for ONLINE TRANSFER: Dr. V. Krishnamurthy, BANK OF BARODA, RANGARAJAPURAM BRANCH, S.B. A/c. 75110 10000 3149, IFSC code - BARB0VJRAPU [fifth digit ZERO]

For all traumatic cases A mixture of five Dr. Bach Remedies is called Rescue Remedy this is a single-dose-cure: One pill of *Rescue remedy* given orally to the victim, will have the following effects. (No need to repeat at all!

This is a near-panacea for *medical emergencies arising from traumatic causes where life is in danger*—serious accidents, burns and scalds, electric shock or poisonous bites. Put one pill into the mouth of the victim. (If you cannot give orally dissolve 5 pills in little water and apply this water anywhere on the forearm.) Moments later,

(1) Bleeding, if any, stops almost instantaneously without a need for bandage, however long or deep the cut may be.

(2) Unbearable pain is reduced to the minimum.

(3) If unconscious and the body has become ice cold, pulse/ breath imperceptible, these are cured in just a minute, and the victim gets up and walks home as if nothing has happened (except where there is a fracture)—the more danger to life, the quicker the remedy acts!

(4) In case of chemical poisons and poison-bites, poison gets neutralized in no time;

(5) In case of burns and scalds, not only does the burning pain come down in less than a minute but also, simultaneously, all after-effects are prevented.

No need to repeat the dose! Just one single dose, however serious the condition of the victim may be. The more danger to life the quicker the remedy acts! Rescue Remedy is a near-panacea for traumatic cases that may otherwise end fatally.

Rescue Remedy, given by mighty Nature, not only acts as a mere first aid in trauma cases but, in most cases, completely

cures the patient (even before the victim reaches a hospital) so that no other treatment is required (fractures excepted). No need to repeat!

Won't you like to keep a phial of **Rescue Remedy** in your vehicle and at home?

KEEP RESCUE REMEDY ALSO
IN THE FIRST AID BOX!

Surgery too is trauma. Before a few minutes or hours of major surgery, if one dose of Rescue Remedy is given orally to the patient, 150 ml of blood loss is minimised. Also the wound heals rapidly and the patient is transferred to the ward in two days and discharged early. Without Rescue Remedy, in such conditions it takes 7-10 days for the patient to return home.

Dr. S. Mathana Gopal, M.B.B.S., D.A., (Raaj Polyclinic, 2a/2 Thiru Nagar, Dindigul-Palani Road, South Anna Nagar, Palani - 624 604 — Phone: 0454-5250274) former Anaesthetist in Govt. Hospital, Palani, in Tamil Nadu, reports:

"Thank you for introducing flower remedies to me. One hour before giving anaesthesia for surgery patients in my private practice, I give one pill of Rescue Remedy (chewable).

Compared to other patients, Rescue Remedy given thus, saves 150 to 200ml of blood loss, reduces post-surgical pain, fever, oedema etc. Thus, there is less need for giving pain-killers and antibiotics.

"In scorpion sting, snake-bite and other unknown poison bites where the patient is brought in critical condition, I give one pill orally; in addition, I dissolve five pills in half-an-ounce of plain water, soak gauze into the solution and apply it locally. Moments later, pain, swelling etc., disappear magically and much to the surprise of my colleagues."

Sr. Claire, I.C.M., School for Deaf and Dumb, G. N. Chetty Road, Chennai-6 (Ph: 9443077935) a Christian missionary health worker, was travelling in an omni bus from Chennai to Dindigul. To avoid a cyclist, the bus driver applied sudden brake and the bus skidded to the extreme left side of the road and fell into a not-so-deep pit. Next moment, shrills, screams rented the air, with crying passengers bleeding and pain. The driver was bleeding profusely from head and his head fell on steering wheel and he was unconscious. Sr. Claire got up from her seat, opened a phial of Bach remedy called *Rescue Remedy* and started putting one pill into the mouth of all the injured. Soon the bleeding, crying etc. stopped. She put one pill into the mouth of the driver also. Bleeding from head stopped completely in less than a minute. He regained consciousness, got up and started walking as if nothing had happened to him! The passengers got down, pushed the bus to the centre of the road and continued the journey, what would otherwise be the arrival of an ambulance, hospitalisation of the injured, stranded passengers waiting for another bus etc.

With Rescue Remedy in your pocket you are a trauma specialist !

Rescue Remedy, 10ml pack of 250 pills is available in all Homoeopathy Drug stores.

BEST THINGS IN LIFE

MEDITATION

– Explained in down-to-earth language and matter-of-fact way –

For practising this method, you need not spend any time, nor learn any techniques, nor sit in isolation.

By doing this meditation for 5-10 seconds only

(a) your diseases are cured; problems solved and difficulties overcome almost instantaneously;

(b) your income multiplies;

(c) more persons come to your help.

The Meditation is Unimaginably Beyond Everything

To get a copy of this book write to

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